

Curried Rice with Roasted Carrots and Apricots

Serves 4.

This colorful, spicy and sweet combination goes well with chicken or fish.

3 cups basmati rice

2 cups carrots, sliced

½ cup low-sodium chicken or vegetable broth

2 Tbsp. curry powder (sweet or hot, depending on preference)

½ cup dried apricots, diced

2 Tbsp. walnut segments or sliced almonds, toasted* (optional)

Cook rice according to package directions. Meanwhile, roast carrots at 400 degrees F., covered, for 25-35 minutes, until soft when pierced with a fork. Add broth, curry powder, apricots and nuts to cooked rice and stir gently. Heat on low heat until warmed throughout. Transfer to serving dish, top with carrots, and serve.

*To toast nuts, simply spread them in a small pan in a 400-degree F. oven and heat them for 5 to 8 minutes, checking often, until you can smell their oils when you open the oven. Or, you can heat them on the stove in a small pan, stirring and watching closely.

Nutritional Analysis Per Serving (based on 3 cups uncooked rice):

- 625 calories, 134 grams carbohydrate, 12 grams protein, 4 grams fat, 0 grams saturated fat, 0 milligrams cholesterol, 124 milligrams sodium, 6 grams fiber
 - 6% calories from fat
- 1 ½ "5 A Day" servings